

# A VIEW FROM FEW

An organization for opportunity and equality for women in Government



July 2007

Space Coast Chapter, P.O. Box 21201, Kennedy Space Center, FL 32815  
<http://www.ksc.nasa.gov/groups/few/>

## President's Message

*Sandy Eliason*

We had a grand time at our Annual Awards Dinner last week. For those of you who missed the dinner, you missed good Fellowship, Excellent food, and a Wonderful program. Our Past Presidents Team did a great job in organizing this event. A big Thank You goes to Barbara Powell, Jean Grenville and Becky Fasulo for all their work. It's always such a wonderful gift when we have any occasion to be together. A special thanks to our family members for their support as well, like a movie I once saw "You complete us."

I'm extremely blessed to have this opportunity to serve as your President. Not only do I have the opportunity to lead a great group but I too am able to grow as a person because of the knowledge and patience you give me. I will continue this year to look over problems as challenges and opportunities for growth. Some of the highlights from the Awards ceremony include:

- Past President's Team presented Life-time Membership plaques and cards; service pins to members; the Member of the Year Award, which was presented to Connie Dobrin and our Distinguished Service Award, presented to Becky Fasulo

- Special thanks went to Pat Lowry, Martha Barnes and Zoa Dodd, charter members of the Space Coast Chapter. It was great to see Pat and Martha at the festivities.

- Aneta Ott, also one of our Past Presidents, but current Scholarship Chair, presented Ms. Kieta Osteen-Cochran who is the Executive Director, Institute of Business Training & Community Education at Brevard Community College, our scholarship to help the advancement of women in our community. It's so wonderful to be able to support the men and women in our area. Together our accomplishments this year are making a difference, and that is what we all want. Aneta also presented scholarship checks to three of our members who are committed to gain new knowledge and improve themselves. We know they will continue to represent us well in the work place as well as our Chapter. Congratulations Joette Feeney, Ana Contreras and Joylene Ware!

- Then it was my turn and I had the opportunity to present the President's Award to Sandra **Getter**, one of our newest members. Sandra jumped right in and took the bull by the horns when she agreed to serve as our Community Outreach Chair. She is definitely a strong Go-**Getter**!!

The program closed with the presentation of my goals for next year. To summarize these, we need to continue to focus on our on-going projects and encourage others to become involved. We should strive to present opportunities for the career advancement of women and improve the quality of life for women by continually achieving a unified and diverse membership that values and capitalizes on similarities and differences at all levels of the organization and community. I look forward to another great year working together.

*Sandy*

**Sunshine Committee**

*Eva Coffman*



A special Happy Birthday to the following Chapter member(s)

- Arden Belt - July 15
- Sandy Eliason - July 26
- Peggy Wilson - July 28
- Charlotte Becker - July 31



Space Coast Chapter extended get-well wishes with flowers to Eva Coffman on her recent hospitalization. Eva has recovered nicely.

Please notify me (639-4881) or Becky Fasulo (636-8525 or [beckyjf@yahoo.com](mailto:beckyjf@yahoo.com)) of any members that have extended illnesses, hospital stays, or news that deserve congratulations.

I am missing birthdates (month and day only) for the following members: Kimmarie Barrett; Martha Carroll, Sandra Getter, Patricia Hyland, Helen Kane, Mary Mells, Eleanor Miller, Daisy Morales, Kristin Nighswonger, Teresa Parham, Teresa Piatuch, Ann Piepenbrink, Rose Rayne, Marilee Tewksbury, and Carrie Tillman. Please send Becky Fasulo your birth date, so that we can celebrate with you – [beckyjf@yahoo.com](mailto:beckyjf@yahoo.com)

| Newsletter Highlights         |    |
|-------------------------------|----|
| President's Message           | 1  |
| Membership                    | 4  |
| Diversity                     | 4  |
| Government News & Legislation | 6  |
| Community Outreach            | 8  |
| NTP Info                      | 8  |
| Calendar of Events            | 12 |
| Officers & Committees         | 12 |
| Membership Application        | 13 |

**Programs**

*Marlene Satterthwaite*

Here are our upcoming programs and events.

- WHAT: FEW National Training Program
- WHEN: 7/16 – 21/07
- TIME: See Registration booklet
- WHERE: The Washington Hilton  
Washington, D.C.

We look forward to seeing you at our monthly meetings and value all your inputs that keep our Chapter running so smoothly.

**A Few Personal Safety Tips**

*Submitted by Billy Wilson*

1. Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, do it!
2. Learned this from a tourist guide in New Orleans: If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM. Toss it away from you.... chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. RUN LIKE MAD IN THE OTHER DIRECTION!
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.

*Reflections on Life*

*Our life cannot always be full of happiness  
but it can always be full of love!*

4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. DON'T DO THIS!) The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.

a. If someone is in the car with a gun to your head DO NOT DRIVE OFF, repeat: DO NOT DRIVE OFF! Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.

5. A few notes about getting into your car in a parking lot, or parking garage:

a. Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.

b. If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

c. Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/ policeman to walk you back out. IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

6. ALWAYS take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!)

7. If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely WILL NOT be a vital organ. RUN, Preferably in a zig-zag pattern!

8. Women are always trying to be sympathetic: STOP! It may get you raped, or killed. Ted Bundy, serial killer, was a good-looking, well educated man, who ALWAYS played on the sympathies of unsuspecting women.

9. Another Safety Point: Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird.

The police told her "Whatever you do, DO NOT Open the door." The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, "We already have a unit on the way, whatever you do, DO NOT open the door." He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby. He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night. The Crying Baby theory was mentioned on America 's Most Wanted when they profiled a serial killer in Louisiana.

## Women in History

*Submitted by Vickie Hall*

### Harriet Tubman The Moses of her People



Harriet Tubman was born in 1820 in a cold, dark, windowless slave shanty on the Bucktown plantation owned by Edward Brodess in Dorchester County on Maryland's Eastern Shore. She was the daughter of black slaves, Benjamin Ross and Harriet Green, and was originally named Araminta by her master. As she defied slavery and its customs, she later changed her name to Harriet, after her mother.

During her childhood Harriet sustained a serious head injury when an angry overseer tossed a two pound weight at her, striking her in her forehead. This injury nearly killed her and that caused her to have sudden, periodic sleeping seizures her entire life. The injury left an ugly scar, that throughout her life, reminded her of the horrors suffered as a slave. Being raised as a slave, she had to perform extremely hard work, and as such she acquired unusual strength. Because she was forced to work as a slave, Harriet did not have the opportunity to attend school. She did however, possess an innate intelligence with remarkable foresight and judgment. As time passed, and when fully recovered from her injury, her master, Brodess, hired her out to work on neighboring farms. This allowed her some independence, and the opportunity to earn small amounts of money. Some of the work Harriet would do was cut and split wood, drive oxen, and haul logs. By this work, Harriet grew quite strong in physical strength.

When a master hired out a slave, the slave would pay the master part of their earnings. For male

slaves, the cost was one hundred dollars a year, and for female, sixty dollars. In time, Harriet earned enough money not only to repay her master the sixty dollars, but also enough to buy her own pair of oxen.

Normally, female slaves at a young age were forced to marry a mate chosen by their masters. Because of her injury, Harriet was spared this tradition. However, Harriet, now in her twenties was getting too old to remain unmarried. Having worked and earned her own money, she attracted a free black man named John Tubman, who also worked odd jobs at various plantations. Although marrying a free man was quite unusual for a slave, they permitted Harriet and John to marry. Although forced to do so by her mother, Harriet in 1844, at the age of twenty-four, married John Tubman.

Having married a free man, Harriet thought of nothing but to one day be free herself. Interestingly, they should never have enslaved Harriet. One day, determined to trace her roots, she hired a lawyer at the cost of five dollars to trace the will of her mother's first master. In doing so, a will was found that gave her mother, Harriet Green, to an heir named Mary Patterson. The will provided that Ms. Green was to serve Mary Patterson until Patterson was forty-five years old. However, Patterson died before reaching this age, and was unmarried. Because there was no provision in the will concerning Harriet Green upon Patterson's death, she was therefore free. Unfortunately, no one told Ms. Green of this right, consequently she and her children remained enslaved. Harriet Tubman, now armed with this information was now more than ever determined to be free.

Having spent her first twenty-nine years as a slave plantation hand, in 1849, upon the death of her master, she learned that she was to be sold to the Deep South. Determined not to be sold, Harriet, along with her two brothers, escaped. Guided by the North Star on her journey to freedom, she was also aided by the Underground Railroad, which was a secret network of safe-houses created to help escaping slaves. Two of the principle "conductors" of the Underground Railroad who aided Harriet were Ezekiel Hunn and Thomas Garrett, both of Delaware. Along the journey, her two brothers returned to Maryland, but Harriet continued and arrived in Philadelphia, changed her name to Harriet, and worked for about a year to earn money. She then left Philadelphia and returned to Maryland. Once in Maryland she disguised herself as a man in an attempt to find her husband to bring him back north with her. Upon finding her husband, she found that

he had married another. Devastated by this news, she set her mind and determination devoting her life to freeing slaves.

With her newfound freedom obtained in Philadelphia, where slavery was outlawed, Harriet found little solace in her freedom, while the masses of her race remained enslaved. Consequently, she spent the next ten years serving as a "conductor" on the Underground Railroad. She made more than twenty trips into the South and rescued about three hundred Negroes from slavery. In her rescue efforts, Harriet would move these persons from the South to a secret station near Wilmington, Delaware, to freedom in Philadelphia. On her journeys, she usually started Saturday night, because this would give her more than a day's start before the owners discovered that their slaves were missing the following Monday morning. At times along the way to freedom, some of those she rescued would become frightened and want to turn back. Harriet would not hear of this. Often she would admonish those wanting to turn back at gunpoint, saying, "Live North, or die here." She also carried opium with her on her journeys to quiet crying babies.

Upon arriving at her destination, she frequently worked as a cook, dressmaker, or a laundress to earn money to help sustain the fugitive slaves. Both black and white abolitionists praised her as the "Moses of her people." She became widely respected, and was honored by such noteworthy persons as Frederick Douglass, Susan B. Anthony and Ralph Waldo Emerson. Similarly, slave holders and other proslavery advocates also hated her in the South, and as well in the North by anti-abolitionists.

Once in April 1860, in Troy, New York, the police had captured a runaway slave by the name of Charles Nalle. It was Harriet who led a group that freed Nalle, and in doing so, they attacked Harriet and severely beat her. Still, possessing courage and confidence, she avoided capture.

Despite the Fugitive Slave Act of 1850, that provided for harsh treatment, nor the forty-thousand dollar bounty on her for her arrest, dead or alive, could stop Harriet. In 1857, she performed an inconceivable mission of freeing both her aged parents. Now free, she took her parents to a home in Auburn, New York; land that Harriet purchased earlier from William H. Seward.

In 1858, Harriet traveled to Canada, where she had the opportunity to meet John Brown. A friendship developed, by which Brown referred to her as "General Tubman," and said, "Harriet is one of the

bravest persons on this continent." Harriet approved of and provided support for Brown's plan to seize the government arsenal at Harper's Ferry, West Virginia. However, due to circumstances beyond Harriet's control, she was unable to recruit others to join Brown, nor was she able herself to join. Upon Brown's defeat and hanging, Harriet was deeply saddened. She regarded Brown as the "Savior of her people."

When the Civil War began, she, without delay asserted her right to participate. Armed with a letter from John Andrew, the governor of Massachusetts, she traveled to Hilton Head, South Carolina, where she reported to General David Hunter. Here she worked in the Union Army as a scout, spy, nurse, and cook. She continued this activity throughout the war, and in 1865 near the war's end, she briefly worked at a freedman's hospital in Fortress Monroe, Virginia.

Upon the end of the Civil War, she continued her mission and concern for the Negro masses. In North Carolina she worked hard and tirelessly to establish schools for the hundreds of freedmen.

In 1869 Harriet married Nelson Davis, a black Civil War veteran. Additionally, she had a book of her own, titled, *Scenes in the life of Harriet Tubman* (1869), that she dictated to Sarah Hopkins Bradford who wrote it for her. They printed and sold this book with help from Gerrit Smith, Wendell Phillips, and some of her Auburn friends and neighbors. With the royalties from her book, she was able to pay off the mortgage on her house in Auburn.

During this time she applied for a pension for her wartime service, however the government showed her much less gratitude than she deserved. Finally, after thirty years of trying to collect her pension, Congress, with the support of former Secretary of State William H. Seward, awarded her the trifle amount of twenty dollars a month. Private citizens helped and contributed money for the support of the Harriet Tubman Home for Indigent and Aged Negroes in Auburn.

In her later years, Harriet continued to work for the women's right's movement, as well as her continued work with aged and indigent Negroes. On March 10, 1913, Harriet Tubman died of pneumonia. A full military service was provided for her. They buried Harriet with full military honors in Fort Hill, Auburn.

In 1914, the Cayuga County Historical Society Association built a tablet in her memory and in

recognition of her service, in a ceremony delivered by Booker T. Washington. Additionally, in further recognition of her tireless service the United States Postal Service issued a stamp in her memory. They issued this thirteen cent stamp depicting her image in Washington, D.C. on February 1, 1978, as the first stamp in a "Black Heritage Series."

Harriet Tubman was a woman of greatness who represented nearly a century of struggle and difficulties fighting slavery toward her goal of social justice.

In 1886, Sarah Hopkins Bradford, who had written Harriet's book for her in 1869, issued an expanded version titled, *Harriet Tubman, The Moses of her People*. They reprinted this book in 1961.

Today, the Brodess plantation no longer exists, but there is a historic marker noting the former site of Harriet's birthplace. The Harriet Tubman Coalition, Inc., hosts guided tours, by appointment only to major sites of interest in and around Bucktown and Cambridge. These include the historic marker, the Bazzel Methodist Episcopal Church, the Stanley Institute, Waugh United Methodist Church, the Harriet Tubman Park, and the Scenic Long Wharf. This wharf is the site where Harriet arrived when she rescued her sister whom they were auctioning outside the courthouse, a few blocks away on Historic High Street.

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## Membership

*Charmel Anderson*

Remember to share our Newsletter with your friends, invite them to meetings and get them involved.

Please feel free to contact me at any time for information regarding FEW Membership. You can give me a call at 321-867-2938 or e-mail me at [Charmel.L.Jones@nasa.gov](mailto:Charmel.L.Jones@nasa.gov).

Thanks for your support and here's to another great year with FEW!!!

## Differences Between Men and Women

Wife: "What are you doing?"

Husband: "Nothing."

Wife: "Nothing...? You've been reading our marriage certificate for an hour."

Husband: "I was looking for the expiration date."

## Cultural Diversity

*Muzette Fiander*

### *Creating an Atmosphere of Inclusiveness*

Leaders serious about genuinely embracing change create opportunities and take actions that lead to new ways of operating. Changing the corporate culture so that it is hospitable to diversity and representative of the market is an Art.

Outstanding results with diversity are created by design. Most organizations are quite good at determining diversity competencies; many are less capable of quickly bringing those competencies into reality.

This is our strength. With the Power in Diversity program, we create with you a process to produce outstanding results with people of diverse backgrounds through coaching individuals and teams to "Breakthrough" levels of performance; elevating cultures to new levels of intercultural communication, diverse teams at work and getting diverse teams to implement change.

Power in Diversity means primarily the managing and valuing the diversity of all people. People are different from each other and when we see differences as positive, non-judgmental and enriching, then managing diversity becomes managing the broad spectrum of human experience.

The positive management of diverse human resources will encourage greater creativity and innovation, a broader range of skills, better decisions based on varying perspectives, better service to diverse clients

and the ability to recruit the best talent from the entire labor pool.

<http://www.powerindiversity.com/company.html>

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## Providing Your Social Security Number

June 20, 2007 - 11:31am

It seems that everywhere you turn someone wants personal information from you. Consumers are being asked for everything from their birth date to their Social Security numbers.

Shirley Rooker, director of WTOP's Call For Action, talks about what to provide and when.

**What are the circumstances when you have to give your Social Security numbers?** The answer is rather complicated. Check out the [Privacy Rights Clearinghouse Web site](#), which provides a great deal of detail on the subject. In short, you usually have to give your Social Security number to your employer, financial institutions that report transactions to the Internal Revenue Service, some government agencies, and government-sponsored medical programs, such as Medicare.

Additional information can be found at the [Social Security Administration's Web site](#).

### **Do you have to give your Social Security number to private businesses?**

You are not required to give your Social Security number to a private business unless it reports the transaction to the IRS. However, there is no law that prevents a private business from asking for that information. In addition, the business can refuse to provide service if you won't give them your Social Security number. The law does not specify how the business can use your Social Security number.

If you are applying for a credit card or loan, you will probably have to provide your Social Security number. Its main use is to verify your identity when the lender checks your credit record.

Also, you don't have to give your Social Security number to private health care providers and insurers, unless the transaction requires IRS notification. Yet, how many times has your doctor's office asked for your Social Security number?

### **What role does the Social Security number play in identity theft?**

Your Social Security number opens the door to thieves who can assume your identity and take over your financial life. Using this information thieves open credit card accounts and take out loans using your financial history. A crime may be committed and the crook uses your name, you only learn what happened when the police arrive at your home to arrest you.

### **What about information such as your birth date, address and phone number?**

There is no reason you should have to provide personal data to a merchant. Yet, I frequently hear from consumers who are asked for this information. In one instance, a father was making a purchase for his young daughter and the store wanted her birth date and address, probably to be used later for marketing purposes.

If you are using a credit card to make a purchase, there is no reason for the business to ask for any identification unless there is a problem with the credit card. If you are using a check, then the merchant has the right to ask for identification. When you use cash, you should not have to provide any information.

### **Things to Ponder**

- Can you cry under water?
- When I was young we used to go "skinny dipping," now I just "chunky dunk."
- How important does a person have to be before they are considered assassinated instead of just murdered?
- Since bread is square, why is sandwich meat round?

## **Government News & Legislation**

*Arden Belt*



**Week of June 18-22, 2007**

### **Floor Action:**

**Crime** - On June 22, the Senate approved, by unanimous consent, a resolution (S. Con. Res. 40) supporting the goals of the annual National Day of Human Trafficking Awareness, January 11, a day dedicated to raising awareness of, and opposition to, human trafficking.

**Education** - On June 19, the Senate approved, by unanimous consent, H.R. 1429, the Improving Head Start Act, a bill to reauthorize the Head Start Act (P.L. 105-285).

**Small Business** - This week, the House passed legislation to expand the Small Business Administration (SBA) Women's Business Programs Act (H.R. 2397), the SBA Veterans' Program Act (H.R. 2366), and the SBA Entrepreneurial Development program (H.R. 2359).

**Education** - On June 18, the House passed, by voice vote, a resolution (H. Res. 406) celebrating the accomplishments of Title IX and recognizing the need to continue pursuing educational opportunities for women and girls. The Senate passed a similar resolution (S. Res. 242), sponsored by Sen. Patty Murray (D-WA), on June 20.

**Appropriations** - On June 21, the House approved, 241-178, the FY2008 State and Foreign Operations spending bill (H.R. 2764).

On June 22, the House approved, 216-176, the FY2008 Legislative Branch spending bill (H.R. 2771).

### **Mark-Ups:**

**Education** - On June 20, the Senate Health, Education, Labor and Pensions Committee approved, 17-3, the Higher Education Access Act (as-yet-unnumbered). The committee also passed, 20-0, the Higher Education Amendments Act (S.1642) to reauthorize the Higher Education Act (HEA) (P.L. 105-244).

### **Hearings:**

**Education** - On June 19, the House Education and Labor Subcommittee on Higher Education, Lifelong Learning, and Competitiveness held a hearing on "Building on the Success of 35 Years of Title IX."

**Employment** - On June 21, the House Education and Labor Subcommittee on Workforce Protections held a hearing on "Balancing Work and Family: What Policies Best Support American Families?"

**International** - On June 20, World Refugee Day, the House Foreign Affairs Subcommittee on Africa and Global Health held a briefing and hearing to examine the needs of refugees in Africa.

**Children and the Media** - On June 22, the House Energy and Commerce Subcommittee on Telecommunications and the Internet held a hearing on the "Images Kids See on the Screen." The hearing focused, in part, on the effect media images have on childhood obesity and smoking

## **Annual Training Program and the Southeast Regional Training Program**

*Marlene Satterthwaite & Teresa Parham*

### **Looking for a FEW Good Women!!**

Opportunity is knocking and the FEW Space Coast Chapter is looking for more volunteers!! Come join in on the PLANNING COMMITTEE for the next FEW ATP/RTP, "MAKE WAVES, A SEA OF OPPORTUNITIES". The Annual Training Program, to be held at the Holiday Inn, Cocoa Beach, FL on **March 5-7, 2008** is also playing host for the FEW SE Regional Training Program (thus the 3rd day addition).

To refresh your memories, the following committees are looking for support: 1)Registration; 2)Logistics; 3)Exhibits; 4)Hospitality; 5)Publicity; 6)Volunteers & Hostesses and last but not least a Recorder for the meetings.

It takes a great team effort to coordinate this event and this FEW chapter couldn't do it without the support of our members. Consider taking the challenge! We need YOU!

Thank you to those of you who have already volunteered. Remember watch for future articles in the newsletter and announcements for meeting dates and times.

## **Scholarships**

*Aneta Ott*

It was indeed a great honor to present the scholarship award to the Institute for Business Training & Community Education at Brevard Community College. The award was received by the Executive Director, Kieta Osteen-Cochran. One of the many things that we learned from her talk with was that the funds we donated last year helped 71 people in their drive to do better with their lives and help them with their education. This year we presented them with a check for \$5,000 and already it has multiplied by being matched by a grant! Just think how many people that will help out in their thirst for knowledge.

Also I was able to present on behalf of the Chapter three \$350.00 Educational Scholarships to the following: Ana Contreras, Joette Feeney and Joylene Ware. We are really proud of them for making the commitment to gain new knowledge and improve themselves. We know that they will represent us well in the work place as well as in our Chapter. It is truly a blessing to be able to help in a small way not only in our community but with members of our Chapter to help them gain better knowledge.

## **NASA Facts**

*Vickie Hall*

This weekend, Space Shuttle Atlantis is scheduled to begin its journey back to Kennedy Space Center "piggy-backed" on top of a modified 747 jetliner called the Shuttle Carrier Aircraft.

Known as a ferry-flight, the orbiter will make the trip from Edwards Air Force Base in California to Kennedy's Shuttle Landing Facility in one to two days, depending on weather conditions.

Atlantis landed at Edwards concluding a successful assembly mission to the International Space Station with Commander Rick Sturckow and Pilot Lee Archambault at the controls. Atlantis landed at 3:49 p.m. EDT on June 22.

The STS-117 mission astronauts returned to Johnson Space Center on Saturday, June 23. Their return was marked by a traditional welcome home ceremony at Ellington Field in Houston.

The STS-117 crew began its mission June 8 and arrived at the station June 10. They quickly began work to install the Starboard 3 and 4 (S3/S4) truss

structure to the outpost and retracted a set of arrays on the Port 6 (P6) truss. The (S3/S4) contains a new set of solar arrays that increases station power-generation capabilities. The P6 will be relocated during a future assembly mission.

Landing also marked the end of a record-setting spaceflight by Mission Specialist Suni Williams. She broke the record for the longest spaceflight by a woman and she also became the record-holder for the most hours outside a spacecraft by a female, completing four spacewalks during Expedition 14.

## Community Outreach

*Sandra Gettter*



Just a note to remind you that **Friday, July 27th** will be delivery day for Baxley Manor. Remember these folks are on food stamps and any help that you can give monetarily or otherwise will be greatly appreciated. The monetary contributions that you make are used to buy food and personal items for these residents. My mail code is NE-E8. Thanks so much for making a difference!!

Although Aneta continues to coordinate from off center and is present at each delivery, I am coordinating the contribution for Baxley Manor here on Center with the help of some other very kind ladies. Valarie Franklin in O&C 1020, Sandy Eliason in LCC 4P23, Jan Hall in the Logistics Building 2610A, Carol Moore HQ 3490, Ana Contreras HQ 3531F and Charmel Jones O&C 1073M2 can take your contributions and items. I am in EDL 203 and can coordinate a pick up from you if you call or email me.

Here is a list of suggested items...

### Food Items

Small cans of vegetables & fruits  
Jell-O & pudding snacks  
Graham crackers, Saltine crackers  
Any meat or meal in a can with the flip top lid...  
Canned meats, chicken tuna and beef stew

### Personal Items

Paper products: Q-tips, facial tissue & toilet tissue (packages of 4 rolls)  
Toothbrush, toothpaste, mouthwash, hand lotion, hair spray, mousse or gel, comb/brush, razors, nail files, clippers, socks, stockings, earrings

### Other Items

Reading material such as books or magazines

Thanks again for your support of this worthy cause!

## 2007 Awards Ceremony

*Barbara Powell*

The ballroom of the Space Coast Convention Center, a.k.a. the Holiday Inn Express in West Cocoa, was a beautiful backdrop for the Space Coast Chapter's 2006-2007 Awards Ceremony. Approximately 44 members and guests were in attendance.

The Program began with President, Sandy Eliason, outlining the Chapters' accomplishments for the past year. Our National FEW Vice President for Membership and Chapter Organization, Becky Fasulo, presented the Chapter Recognition Awards. Life-time membership plaques and gold membership cards were presented to Pat Lowry and Aneta Ott. Joan Fosdick, another of our founding sisters will be awarded her plaque and card at a later date.

Service pins were given to valued members Becky Fasulo, Cindy Gooden, and Mavis Timmons. Others that were not in attendance will receive their pins at a later date: Maxine Johnson, Peggy Parrish and Karen Dubois.

As the acting Past President's Committee Chair, I had the honor of presenting our 2006 - 2007 Member of the Year Award to Connie Dobrin, who was recognized for her outstanding leadership as the Chair of the 2007 Annual Training Program, as well as her continuous support of the Chapter. Becky Fasulo was awarded the Distinguished Service Award. Her nomination cited her devotion and many hours of service to FEW at the local, Regional, and National Level.

Our President, Sandy Eliason then presented her President's Award to Sandra Getter. Sandra's nomination noted her willingness to take on the responsibilities for the Chapter's Outreach Program.

The Scholarship Chair, Aneta Ott, then presented a \$5,000 scholarship award to Keita Osteen-Cochrane, the Executive Director, Institute for Business Training & Community Education at Brevard Community College. In addition, three of

our members were awarded scholarships of \$350.00 each. Those members were, Ana Contreras, Joette Feeney, and Joylene Ware.

The evening of pleasant fellowship was concluded with Sandy Eliason providing her list of goals for the coming year.

**"Training Today, Leaders Tomorrow"**  
**FEW's 38<sup>th</sup> National Training**  
**Program**  
**July 16- 20, 2007**  
**Washington, D.C.**

Federally Employed Women's (FEW), 38th National Training Program (NTP), "Training Today, Leaders Tomorrow," will take place at the Hilton Washington Hotel, July 16 – 20, 2007.

This dynamic, professional, and fast paced training program offers more than 100 workshops on the most current subjects. Leadership workshops are closely aligned with the Office of Personnel Management (OPM) leadership competencies. Training is designed to provide all federal, private, and public employees, including military personnel, with the tools necessary to establish and build a successful career. FEW's NTP offers a wide-range of activities from motivational speakers to networking opportunities. **On-line registration is now available at [www.fewntp.org](http://www.fewntp.org).**

Our opening session, Monday, July 16, will feature "A Morning with Kim Olson," USAF (Ret) Colonel, a highly decorated military leader, pilot, and winner of the 2000 Good Housekeeping Award for Women in Government.

Again this year, FEW will host

- an Education/Career Fair on Monday, July 16, 2007, from 1:00 pm to 5:00 pm, and
- an Expo Hall with over 50 vendors

Monday evening, Desi Williamson, who will thrill you with his highly energized stories of making a habit of overcoming obstacles in

his life and winning, will address us at our Awards Program

Tuesday, July 17, James Bradley, "Flags of our Fathers," will present the keynote address at a celebration honoring women in the military.

For more information about FEW, visit [www.few.org](http://www.few.org)

## For Your Health

*Submitted by Muzette Fiander*



### Sun Damage: The True Price of Tanning

The warm golden cast of the sun is very alluring. And many people can't resist spending hours beneath its glow.

But not all of the sun's rays are pleasing. Ultraviolet (UV) light, the invisible but intense rays of the sun, damages your skin. Some of those harmful effects — such as suntan or sunburn — are visible right away. But other skin changes, including liver spots or deep wrinkles, appear and worsen over time. With repeated sun exposure, the skin damage can even progress into cancerous tumors.

From the first clue that your skin has undergone a change to the development of cancer, here's how the sun damages your skin and what you can do about it.

#### **The first signs of skin damage**

You're likely familiar with two of the more common sun-induced changes to your skin: suntan and sunburn. But you may not know that the darkening and reddening of your skin are the first signs of skin damage.

#### **Suntan**

A suntan is the result of injury to the epidermis, the top layer of your skin. A tan develops when UV light accelerates the production of melanin. Melanin is the dark pigment in the epidermis that gives your skin its normal color. The extra melanin — produced to protect the deeper layers of your skin — creates the darker color of a "tan." A suntan is your body's way of blocking out the ultraviolet rays to prevent further injury to the skin, but the protection only goes so far.

#### **Sunburn**

Eventually, ultraviolet light causes the skin to burn, bringing pain, redness and swelling. Depending on

the severity of the burn, the dead, damaged skin may peel away to make room for new skin cells. Though the symptoms of sunburn may fade after several days, the damage to your skin remains. Sun exposure that is intense enough to cause a burn can also damage the DNA of skin cells. This damage sometimes leads to skin cancer.

People with darker skin pigment are less likely to burn because of the protective action of the melanocytes, which produce melanin. However, even those with darker skin types can burn with repeated exposures to UV light. This intense exposure can produce negative effects in the skin, including dry, rough patches, wrinkling and other skin disorders. So even though people with darker skin can tan and tolerate longer periods of sun exposure without "burning," the sun can still cause skin damage.

### **Photoaging: Looking older than you are**

Over the years, your skin naturally begins to show signs of aging. For example, you may notice more wrinkles and thinner, more fragile skin. Exposure to UV light can accelerate these changes and make you appear older than you are. Skin changes caused by the sun are called photoaging.

The results of photoaging include:

- Weakening of connective tissues, which reduces the skin's strength and elasticity
- Thinner, more translucent-looking skin
- Deep wrinkles
- Dry, rough skin
- Fine red veins on your cheeks, nose and ears
- Freckles, mostly on your face and shoulders
- Large brown lesions (macules) on your face, back of hands, arms, chest and upper back (solar lentigines, or liver spots)
- White macules on the lower legs and arms

### **Serious skin damage: Noncancerous and cancerous skin tumors**

Extended and repeated exposure to UV light can cause noncancerous (benign) and cancerous skin tumors:

- **Seborrheic keratoses.** The precise cause isn't known, but these lesions are seen in aging skin. These tan, brown or black growths have a wart-like or waxy, pasted-on appearance and range in size from very small to more than 1 inch (2.5 centimeters) across. Typically, seborrheic keratoses don't become cancerous, but they can resemble skin cancer.
- **Actinic keratoses.** Also known as solar keratoses, actinic keratoses appear as rough, scaly areas in sun-exposed areas. They vary in color from whitish, pink or flesh-colored to brown-to-dark-brown patches. They're most commonly found on

the face, ears, lower arms and hands of fair-skinned people whose skin has been damaged by the sun. Many doctors consider actinic keratoses to be precancerous because they may develop into skin cancer.

- **Skin cancer.** Skin cancer develops mainly on areas of skin exposed to a lot of sun, including your scalp, face, lips, ears, neck, chest, arms and hands, and on the legs in women. Some types of skin cancer appear as a small growth or as a sore that bleeds, crusts over, heals and then reopens. In the case of melanoma, an existing mole may change or a new, suspicious-looking mole may develop. Other types of melanoma develop in areas of long-term sun exposure and start as dark flat spots that slowly darken and enlarge, known as lentigo maligna. See your doctor if you notice a new skin growth, a bothersome change in your skin, a change in the appearance or texture of a mole, or a sore that doesn't heal within two weeks.

### **Bottom line: Keep your skin healthy**

All people, regardless of age, should take the necessary steps to protect their skin. For the most complete sun protection, use all three of these methods — in order of importance:

1. **Avoid the sun during high-intensity hours.** The sun's rays are most damaging from 10 a.m. to 4 p.m. Reduce the time you spend outdoors during these hours.
2. **Wear protective clothing.** Cover your skin with clothing, such as long-sleeved shirts, long pants and wide-brimmed hats. Also, keep in mind that certain clothing styles and fabrics offer better protection from the sun than do others. For example, long-sleeved shirts offer better protection than short-sleeved shirts do just as tighter fabrics are better than those that are loose.
3. **Use sunscreen.** Apply sunscreen liberally 30 minutes before going outdoors so that your skin has time to absorb the sunscreen. Then reapply according to the directions on the label — usually about every hour.

You don't need to hide away indoors to protect your skin. Just be smart about your sun exposure and take precautions to keep your skin healthy for years to come.

**Original Article:** <http://www.mayoclinic.com/health/sun-damage/HQ01462>

## Nominations Committee

### *Jean Grenville*

Our new 2007 – 2008 FEW year is beginning with the National Training Program in July 2007 in Washington, DC and ending with the Space Coast Chapter Awards and Installation Banquet in June 2008. We hope we can bring you an event next year as successful as our Awards event was this year. We're sorry if you missed it.

We need to start thinking now of filling our slate for new officers in 2008. Those offices are President \_\_\_\_, Vice President for Programs \_\_\_\_, Vice President for Membership \_\_\_\_, Secretary \_\_\_\_, Treasurer \_\_\_\_, and Nominations Committee (the person with the most votes will be the Nominations Chair). Fill in the blanks with someone you would like to nominate. We'll take nominations from the floor in the Spring 2008. (You do need their agreement to take an office).

Please contact anyone on the Nominations Committee (Jean Grenville, Charmel Jones, and Clara Anderson) if you need information about the duties and obligations of any of these offices. We'll be contacting prospective officers personally during the year. The following is from our Space Coast Chapter Bylaws Revised 2006.

#### Section 2. Qualifications of Officers.

- (a) Shall be members in good standing for at least the past two years.
- (b) The candidate for the position of President shall have served as a member of the Board of Directors for at least two years.
- (c) The candidates for the position of Treasurer shall have a minimum of two years experience in some aspect of financial management (may include treasurer of an organization, budget work, analyst, bookkeeper, financial investments, business manager, forecasting, internal controls review, etc.)
- (d) Members may hold, or be a candidate for, more than one position at the same time; one at the Chapter and one either at the regional or national level.

#### Section 3. Term of Office.

- (a) Officers shall be installed and take office following the annual Installation and Awards Banquet and serve for a term of two years.
- (b) No member shall be elected to the same position for more than two consecutive terms.
- (c) No member shall hold more than one Chapter voting position, elected or appointed, at a time.

### Word of the Day

**bifurcate** \BY-fur-kayt; by-FUR-kayt\,

*transitive*

*verb:*

1. To divide into two branches or parts.

*intransitive*

*verb:*

1. To branch or separate into two parts.

*adjective:*

1. Divided into two branches or parts; forked.

There it was, a sliver of a million-dollar view: the red towers of the Golden Gate Bridge that **bifurcated** the waters, marking bay from ocean. -- Amy Tan, *The Bonesetter's Daughter*

They were strolling up the paved walk which **bifurcated** the rolling front lawn of her house. -- Erik Tarloff, *The Man Who Wrote the Book*

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Just a reminder you can make a difference every day. Help save lives today with the gift of early detection!

Simply click the "Fund Free Mammograms" button at The Breast Cancer Site to help provide free mammograms to underprivileged women.

<http://www.thebreastcancersite.com/BCSreminder>

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FEW always comes to the aid of people in need - how about our 4-legged friends??

It takes less than a minute to go to Animal Rescue Site and click on "feed an animal in need" for free. This doesn't cost you a thing. Their corporate sponsors/advertisers use the number of daily visits to donate food to abandoned/neglected animals in exchange for advertising. Here's the web site!

<http://www.theanimalrescuesite.com>

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**Got an IDEA?? --  
Looking for some NEW Program Topics**

Please send your suggestions to Marlene Satterthwaite @ [Marlene.E.Satterthwaite@nasa.gov](mailto:Marlene.E.Satterthwaite@nasa.gov)



**Newsletter**  
*Vickie Hall*

This monthly publication is a means of sharing information and ideas with members and friends. Please send your news articles or items of interest for this Newsletter to Vickie Hall, IT-D1, or e-mail at [Vickie.C.Hall@nasa.gov](mailto:Vickie.C.Hall@nasa.gov). If you are interested in joining this vital organization, a Membership Application is attached.

**Calendar of Events**

**July**

- 4 Independence Day
- 16-20 NTP in Washington, D.C.
- 23 Chapter Newsletter articles due
- 27 Baxley Manor

**FEW's Mission Statement**

Federally Employed Women (FEW) is a membership organization working for the elimination of sexual harassment and the advancement of women in government. This will be accomplished by:

- encouraging diversity and equity in the workplace
- enhancing career opportunities for women
- establishing and maintaining relationships with organizations to advocate the fair application of EEO and personnel laws, policies, procedures, and practices
- improving the quality of life for women by influencing Congressional and Administration actions

- committing to achieve and maintain a unified and diverse membership; and
- providing opportunities for professional growth through leadership development, education, mentoring, and networking.

The FEW mission and purpose statement was revised to recognize that the mission of an organization is its driving force, and that FEW's mission needed to be consistent with the needs of federal women today on into the 21st century.

**SPACE COAST CHAPTER, FEW  
2006- 2008  
Officers and Committees**

**Chapter**

- |                       |                       |
|-----------------------|-----------------------|
| President             | Sandy Eliason         |
| VP for Programs       | Marlene Satterthwaite |
| VP for Membership     | Chamel Anderson       |
| Treasurer             | Clara Anderson        |
| Secretary             | Barbara Powell        |
| Nominations Officer   | Jean Grenville        |
| Immed. Past President | Dawn Partlow          |
| Compliance            | Becky Fasulo          |
| Diversity             | Muzette Fiander       |
| Legislative           | Arden Belt            |
| Annual Trng Program   | Connie Dobrin         |
| Finance               | Johanna Velasquez     |
| Scholarships          | Aneta Ott             |
| Newsletter Editor     | Vickie Hall           |
| Parliamentarian       | Carolyn Burnham       |
| Environmental         | Martha Carroll        |
| Community Outreach    | Sandra Getter         |
| Sunshine              | Eva Coffman           |
| Historian             | Ana Contreras         |
| Webmaster             | Debbie Ward           |

**Regional**

- |             |                |
|-------------|----------------|
| Nominations | Jean Grenville |
| Compliance  | Vickie Hall    |

**National**

- |                           |              |
|---------------------------|--------------|
| VP for Mbrship & Chapters | Becky Fasulo |
| Bylaws & Resolutions      | Karin Biega  |

